What's Happening

University of California San Francisco

JANUARY/ FEBRUARY 1984

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. For a complete listing of topics call 666-3206.

January

Helping Friends. Francis of Assisi Community Senior Center, 145 Guerrero St.

Care of the Bones. Noe Valley Senior Center, 1021 Sanchez St.

Care of the Bones. Seventh Avenue Presbyterian Senior Center, 1329 Seventh Ave.

Health, Safety & Mobility. Haight Ashbury Senior Center, 1350 Waller St.

Exercise. St. Philip's Senior Center, 725 Diamond St.

February

Pre- & Post-Surgery Care. Francis of Assisi Community Senior Center, 145 Guerrero St.

Cost of Health Care. Noe Valley Senior Center, 1021 Sanchez St.

Skin Care. Seventh Avenue Presbyterian Senior Center, 1329 Seventh Ave.

Helping Friends through Communication. Haight Ashbury Senior Center, 1350 Waller St.

First Aid. St. Philip's Senior Center, 725 Diamond St.

TOURS

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, January 3, 10, 17, 24 and 31 and February 7, 14, 21 and 28. Meet in the Medical Sciences lobby, 513 Parnassus Ave. For further information call 666-4394.

BROWN BAG TOURS / LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 303 Health Sciences West (enter through 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 666-4394.

Jan. 4: **The Alexander Technique.**

Jan. 11: **Biofeedback: The Healer Within.**

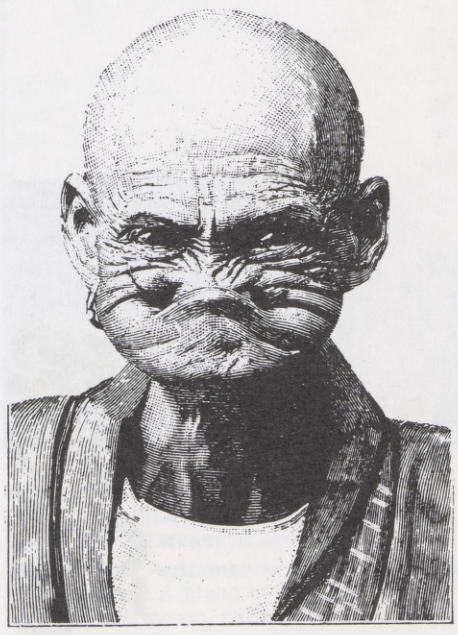
Jan. 18: **Getting Rich in the Things That Really Count.**

Jan. 25: **Life Cycle of the Couple.**

Feb. 1: **You've Got to be Kidding!**

Feb. 8: **Avoiding a Nursing Home in Your Golden Years.**

Feb. 15: **Boom, Boom, Macho Man.**



Feb. 22: **You Think You Have Problems with Your Teeth?**

Feb. 29: **How to Avoid Losing Sleep When You Buy Your Dream Home.**

FILMS

COLE HALL CINEMA

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus Ave. Children under 14 $1.25; UCSF students & Millberry Union members $1.75; general $2.25. For further information call 666-2019.

Fri., Jan. 6: **An Officer and a Gentleman.** 6:30 & 8:45 p.m.

Fri., Jan. 13: **La Cage Aux Folles.** 6:30 & 8:30 p.m.

Thurs., Jan. 19: **Sophie's Choice.** 5:45 p.m.

Fri., Jan. 20: **Sophie's Choice.** 6 & 9 p.m.

Fri., Jan. 27: **The 17th International Tournee of Animation.** 6:30 & 8:45 p.m.

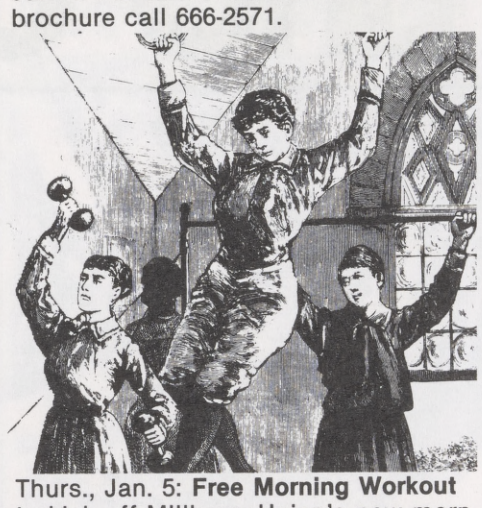
Thurs., Feb. 9: **Wargames.** 5:45 p.m.

Fri., Feb. 10: **Wargames.** 6:30 & 8:45 p.m.

Fri., Feb. 24: **Frances.** 6:30 & 9 p.m.

SPECIAL EVENTS / DATES

Tues., Jan. 3: **Millberry Union's Registration for Children's Classes.** Students and Millberry Union members only. Millberry Union Central Desk, 500 Parnassus Ave. 8 a.m.-2 p.m. and 4-7 p.m. General registration tomorrow, Jan. 4. For further information and free brochure call 666-2571.



Thurs., Jan. 5: **Free Morning Workout** to kick off Millberry Union's new morning fitness program. Millberry Union Gym, 500 Parnassus Ave. 6:30-7:30 a.m. Enrollment limited to 80 participants. Call 666-2571.

Thurs., Jan. 5: **Millberry Union's Registration for Adult Classes.** Students and Millberry Union members only. Millberry Union Central Desk, 500 Parnassus Ave. 8 a.m.-2 p.m. and 4-7 p.m. General registration tomorrow, Jan. 6. For further information and free brochure call 666-2571.

Thurs., Jan. 5: **Love Canal: Science, Politics & People.** A lecture/slide presentation on the Love Canal controversy. N 729 (enter through 521 Parnassus Ave.). 4-5:30 p.m.

Thurs., Jan. 5: **The Melotones.** A New Year's concert celebration. UCSF students & Millberry Union members, $1; general, $2. Millberry Union lounges, 500 Parnassus Ave. Happy hour, 5-6 p.m.; concert, 6-7 p.m.

Wed., Jan. 11: **Biofeedback: Research & Applications.** A Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30 p.m. Free. (Free parking also available. See news item for details.)

Tues., Jan. 17: **Lecture/Slide Presentation.** Photography and lecture by Galen Rowell. UCSF students & Millberry Union members, $1; general, $2. Cole Hall, 513 Parnassus Ave. 5:30 p.m.

Thurs., Jan. 19: **Jake Gimbel Honorary Lectureship: Parents & Children as Sexual People.** 11 a.m.-noon. **The Physician's Role in the Sexual Evolution of Infants & Children.** 4-5:30 p.m. Both held in Langley Porter Auditorium, 401 Parnassus Ave.

Mon., Jan. 23: **Campus Blood Drive.** Blood may be given in Millberry Union main lounge, 500 Parnassus Ave., from 8 a.m.-3 p.m., and on the mezzanine level of the School of Nursing building (enter through 521 Parnassus Ave.) from 11 a.m.-5:30 p.m. For further information call 666-4013.



Wed., Jan. 25: **Twilight Concert.** Betty Oberacker, pianist. Will include works by Hayden, Poulenc & Schubert. UCSF students & Millberry Union members, $1; general, $2. Millberry Union lounges, 500 Parnassus Ave. Reception, 5 p.m.; concert, 5:45 p.m.

February: **Black History Month.** Films, video, lectures and live performances throughout the month to celebrate the rich cultural history and contributions made by blacks. For details call 666-2571.

Sat., Feb. 4: **Midpoint Registration for Millberry Union Classes.** Half price on all classes not filled. Millberry Union Pool Desk, 500 Parnassus Ave. 9 a.m.-8 p.m. For further information call 666-2571.

Fri., Feb. 5: **Comedy Showcase.** A special cabaret performance featuring three of the top five finalists from the 1983 SF Comedy Competition. UCSF students & Millberry Union members, $3.50; general, $4.50. Millberry Union Gym, 500 Parnassus Ave. 8 p.m.

Wed., Feb. 22: **Exploding Myths About Dental Health.** A Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30 p.m. Free. (Free parking also available. See news item for details.)

Wed., Feb. 29: **Twilight Concert.** San Francisco Opera Center Singers will present excerpts from opera, operetta and American musical theatre. UCSF students & Millberry Union members, $2; general, $3. Millberry Union lounges, 500 Parnassus Ave. Reception, 5 p.m.; concert, 5:45 p.m.

Thurs., Mar. 1: **The Fourth Chancellor's Distinguished Lectureship for the Public Understanding of Science: Are We Making Progress?** Presented by John Maddox, editor of *Nature.* Cole Hall, 513 Parnassus. 4 p.m. For further information call 666-2557.

SELF DEFENSE WORKSHOPS

Class size is limited & pre-registration is required. Fees must be received prior to the class or the space will be reassigned. Fees will be refunded if cancellation takes place one week prior to the class starting date. For further information & pre-registration call 666-5683.

Mon., Jan. 16-Feb. 13: **Women's Review Class.** $25. 6-8 p.m.

Wed., Jan. 18-Mar. 7: **Women's 24-Hour Class.** Campus community $20; general $40. 6-9 p.m.

Thurs., Jan. 19-Mar. 8: **Women's 24-Hour Class.** Campus community $20; general $40. 6-9 p.m.

Tues., Jan. 24-Mar. 13: **Men's 24-Hour Class.** Campus community $20; general $40. 6-9 p.m.

Thurs., Jan. 26-Feb. 16: **Men's Review Class.** $25. 6-8:30 p.m.

Sat., Jan. 28: **Coed One-Day Workshop.** Campus community $5; general $25. 9 a.m.-5 p.m.

FREE NOON EVENTS

Wed., Jan. 18: **Steven Elster.** A classical guitar performance. Millberry Union lounges, 500 Parnassus Ave.

Thurs., Jan. 26: **Films: Acid Rain: Requiem or Recovery** and **If You Love This Planet.** HSW 303 (enter through 513 Parnassus Ave.).

Thurs., Feb. 16: **Musign Theatre Group.** A professional dance theatre company founded and directed by hearing impaired performers. Millberry Union Gym, 500 Parnassus Ave.

GRETE SIMPSON LECTURESHIP

Held as part of Psychiatry Grand Rounds on Wednesdays through May from 11 a.m.-12:30 p.m. in HSW 301 (enter through 513 Parnassus Ave.).

Wed., Jan. 4: **Adolph Hitler's Illness.** Fritz Redlich, UCLA Neuropsychiatric Institute. An open discussion also to be held in Langley Porter Aud., 401 Parnassus Ave., 2-3:30 p.m.

Wed., Jan. 18: **Gender and Psychotherapy.** Carol Nadelson, Tufts University.

Wed., Jan. 25: **The Function of Neuropeptides & Possible Clinical Implications.** Floyd Bloom, Scripps Clinic & Research Foundation, La Jolla. An open discussion also to be held in Langley Porter Aud., 401 Parnassus Ave., 2-3:30 p.m.

Wed., Feb. 15: **Domestic Violence.** Elissa Benedek, University of Michigan Medical Center.

OUTDOORS UNLIMITED/ WILDERNESS EXCHANGE

Outdoors Unlimited is located at 24 Kirkham St. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday to Friday; 4-6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information call 666-2078.

Fri.-Sun., Jan. 6-8: **Weekend Cross Country Ski Cabin Trip.** North Lake Tahoe. Beginners welcome. $17.

Fri.-Sun., Jan. 13-15: **Weekend Cross Country Ski Cabin Trip.** South Lake Tahoe. Beginners welcome. $17.

Fri.-Sun., Jan. 20-22: **Weekend X-C Ski Cabin Trip.** Bear Valley. Beginners welcome. $17.

Fri.-Sun., Jan. 27-29: **Your First X-C Ski Trip.** $17.

Fri.-Sun., Jan. 27-29: **Weekend X-C Ski Trip.** South Lake Tahoe. Experienced intermediates or better. $17.

Fri.-Sun., Feb. 3-5: **Weekend X-C Ski Cabin Trip.** North Lake Tahoe. Beginners welcome. $17.

Fri.-Sun., Feb. 10-12: **Weekend X-C Ski Cabin Trip.** South Lake Tahoe. Beginners welcome. $17

Fri.-Mon., Feb. 17-20: **Weekend Ski Cabin Trip.** Lassen. Experienced intermediates or better. $25.50.

Fri.-Mon., Feb. 17-20: **Weekend X-C Ski Cabin Trip.** South Lake Tahoe. Beginners welcome. $25.50.

Fri.-Sun., Feb. 24-26: **Weekend Ski Cabin Trip.** Bear Valley. Beginners welcome. $17.

Sat., Feb. 25: **Introduction to Rock Climbing on Local Boulders.** Free.

Wed., Feb. 29: **Classic Whitewater, a Multimedia Slide Presentation of Whitewater Raft Expeditions.** HSW 300 (enter through 513 Parnassus Ave.). 7:30 p.m. Free.

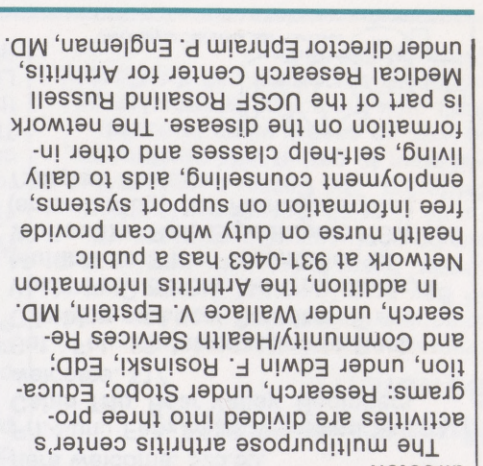
UCSF
University of California, San Francisco
. . . A Health Sciences Campus

TO OUR NEIGHBORS

University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143

RUSH—TIME DATED
JANUARY—FEBRUARY, 1984

$1.7 Million Grant to Help Arthritis Sufferers



The UCSF Rosalind Russell Medical Research Center for Arthritis has received a five-year, $1.7 million grant from the National Institute of Arthritis, Diabetes, Digestive and Kidney Disease, renewing its designation as a "multipurpose arthritis center." One of 20 such centers in the country, it is working to find a cause and cure for this crippling disease, which afflicts 31 million Americans.

Director of the NIH grant is Ira M. Goldstein, MD, head of the Rosalind Russell Arthritis Research Laboratory at San Francisco General Hospital. John D. Stobo, MD, chair of rheumatology/immunology at Moffitt/Long Hospitals, has been named associate director.

The multipurpose arthritis center's activities are divided into three programs: Research, under Stobo; Education, under Edwin F. Rosinski, EdD; and Community/Health Services Research, under Wallace V. Epstein, MD.

In addition, the Arthritis Information Network at 931-0463 has a public health nurse on duty who can provide free information on support systems, employment counseling, aids to daily living, self-help classes and other information on the disease. The network is part of the UCSF Rosalind Russell Medical Research Center for Arthritis, under director Ephraim P. Engleman, MD.

A Gut Reaction to $1.5 Million

UCSF researchers will join forces in a major new multidisciplinary research center to investigate how the gastrointestinal tract, or "gut," defends itself against infection, inflammatory disease and cancer.

The center, funded by a $1.5 million grant from the National Institute of Health, will be responsible for the first coordinated study of human intestinal immune response in the country. The work will be done primarily at the Veterans Administration Medical Center, SF, as well as at UCSF and the University of New Mexico. Albert Jones, MD, chief of staff for research at the VAMC and associate dean of the UCSF School of Medicine, is center director.

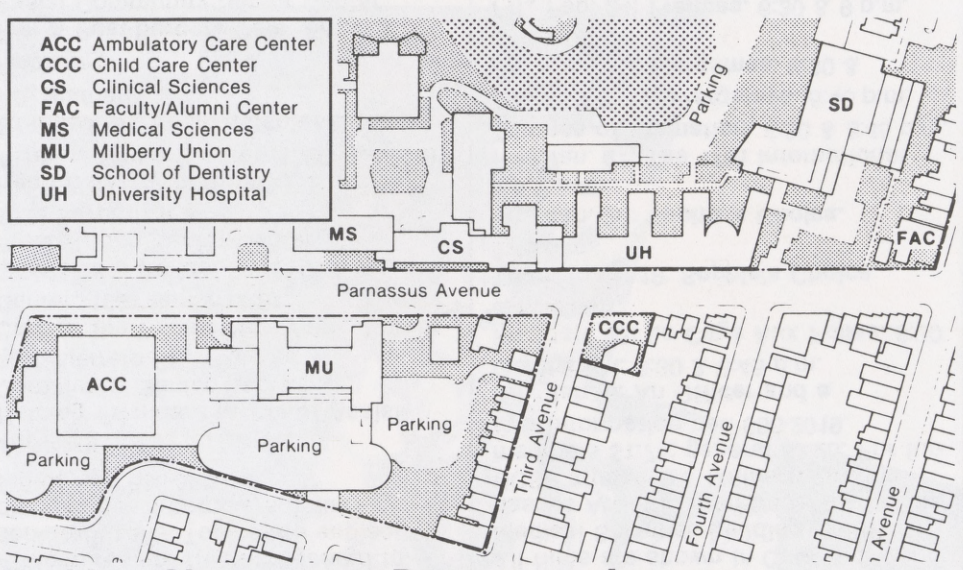
The nine-member research team includes cell biologists, immunologists, gastroenterologists, microbiologists and specialists in liver and infectious diseases. They will collaborate on seven basic research projects, analyzing how the gastrointestinal immune system uses antibodies and specialized cells to fight inflammatory malignant diseases thought to be related to infection caused by viruses, bacteria and parasites.

It's a Date!

Mark your calendars for Saturday, March 24, for the Third Annual UCSF Founders Day. The day will include morning scientific presentations, tours of the Moffitt/Long Hospitals, audiovisual presentations, a library open house and exhibit, a picnic lunch, and an afternoon presentation by Chancellor Julius R. Krevans, MD, and UC President David P. Gardner, PhD. See the March/April issue of *To Our Neighbors* for details.

TO OUR NEIGHBORS

January & February, 1984, Vol. IX, No. 1



Parking Changes on Parnassus Avenue

Several parking changes will go into effect on Parnassus Avenue around the first week of February:

South Side

- 745 Parnassus (Faculty/Alumni House): one parking meter removed to create yellow zone
- 707 Parnassus (School of Dentistry building): towaway zone from 4 to 6 p.m. for all meters and installation of commuter bus zone signs (tentative)
- University Hospital building at Fourth Avenue: remove two meters near MUNI stop and change to 7 a.m. to 6 p.m. yellow and black truck loading zone
- Third and Parnassus: remove MUNI stop and change to three areas: 1) 30-minute meter zone 2) 7 a.m. to 6 p.m. truck loading zone 3) blue zone for the handicapped

North Side

- 400 Parnassus (Ambulatory Care Center): remove two meters nearest crosswalk and change to yellow zone (tentative)
- 500 Parnassus (Millberry Union): discontinue towaway zone and relocate UCSF shuttle to Third and Parnassus
- Third and Parnassus: remove MUNI stop and retain red zone for UCSF shuttle parking
- 610 Parnassus (Child Care/Study Center): two-hour meters installed from driveway to corner of Third with towaway hours 7 to 9 a.m. and 4 to 6 p.m. for parents dropping off and picking up children.

For further information on the above changes contact David Layne at 666-2911.

EIR Available

The Campus Planning Office at 145 Irving Street now has available to the neighborhood copies of the Draft Environmental Impact Report (DEIR) on the proposed Vision Research Center project on the west side of campus.

In addition, another public informational meeting covering other campus developments is planned for late January and a public hearing the middle of February. For exact dates and times contact the Office of Public Service Programs at 666-3206.

200% Increase for United Way

The campus community increased its United Way participation this year by 200 percent, in a campaign which saw 29.9 percent of staff and faculty making contributions. The campus donated over $100,000—a 40 percent jump over last year's United Way donations, with three times the number of employees contributing, according to Chancellor Julius R. Krevans, MD. Last year's campus participation was nine percent.

"I am absolutely delighted at this increased participation," said Krevans. "It shows UCSF's concern for those in the community in need of our help."

Health Talk on Fighting Migraines

How to control migraine headaches by using biofeedback is the subject of one of the free Community Health Education lectures this winter. Sponsored by the Office of Public Service Programs and the Committee for Arts and Lectures, the talks will be held on Wednesdays at 7:30 p.m. in Toland Hall, 533 Parnassus Avenue:

- Jan. 11: "Biofeedback: Research and Applications." Joe Kamiya, PhD, professor of psychiatry, will explain how biofeedback is used in learning to achieve partial voluntary control of physiological functions including hypertension, migraine and tension headaches, and insomnia.
- Feb. 22: "Exploding Myths About Dental Health." Norma K. Francisco, RDH, MPH, chair, Division of Dental Hygiene, and Brian J. Swann, DDS, lecturer, Division of Fixed Prosthodontics, will present practical information on good dental health, from misconceptions about the causes of dental problems to how to choose a good dentist.

Free parking for the lecture series is available in the Millberry Union garage, 500 Parnassus Avenue. For further information call 666-3206 or 666-2571.